

PRAYERS OF THE BIBLE

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## LESSON 25 PSALM 139

1. What stood out to you from last week's study on **Paul's prayer for all people**, and how did you put Paul's instruction into practice in your own prayers?

**DAVID'S SONG - FULLY KNOWN**

This prayer-song from David encourages us to be in right relationship with our intimate God as we come to grasp that we are fully known by Him.

2. **Psalm 139**, written by David, is divided into four stanzas (**V1-6**, **V7-12**, **V13-18** and **V19-24**). As you prayerfully meditate on the psalm, make note of the attributes of God *in each stanza*. Choose one or two that stand out to you overall and describe in your own words.
3. In **V1-6** David describes how intimately God knows his thoughts and actions and declares this deep knowing to be "too wonderful." Reflect on the fact that, like David, God sees *you* all the time and knows *your* thoughts. Are you more delighted or more distressed by God's constant nearness? Explain.
4. In your own words, what do you think David is saying about God in **V5**?

5. In **V7-12**, David poetically answers the question “*Where can I go from your Spirit?*” Which of David’s word pictures touched you the most and why?
6. Have you ever wanted to hide from God’s presence? Describe the circumstances.
7. David vividly describes in **V13-18** how God’s relationship with him began before his birth and bursts out in praise to God. Do you struggle to praise God for His creation of you? What holds you back from declaring like David, “*I am fearfully and wonderfully made*”?
8. a) Write a timeless truth based on **V16**.
- b) How might your truth (from 8a) be a comfort or give assurance when we tend to become anxious or worry about suffering a tragedy, illness or the loss of a loved one?

9. In **V19-22**, David proclaims his hatred for God's enemies. How do you reconcile this with New Testament teaching on praying for enemies and leaving vengeance to the Lord? See **Matthew 5:43-44** and **Romans 12:19**.

10. In **V23-24** David welcomes God to examine his heart and reveal his "anxious thoughts" or "offensive ways". What would God find if He searched your heart today? How have you or will you make this a regular part of your prayers?

#### 11. HEART REFLECTION

Meditate on **Psalm 138:1a** "**I will praise you, Lord, with all my heart.**" Write out your own prayer of praise to God that follows the themes of **Psalm 139** - praising God for how He knows you, how He's with you and how He made you. Include an invitation to God to search your heart.

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PRAYER REQUEST